

Hoover New Horizons

June 2018

SENIORS STAYING INVOLVED WITH LIFE

Staff

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Membership Fees

Hoover Residents

55+ \$10 annually

(For further pricing

information, please call)

Dinner...

Tuesday, June 26, 2018 - 6:00PM
at the Hoover Senior Center

GOODFELLAS SMOOTH JAZZ



Goodfellas is a Birmingham based smooth jazz duo featuring the talents of Jeff Lopez on sax and Ken Talley, Sr. on keys.

Goodfellas plays original music and smooth jazz renditions of tunes from artists such as: Steely Dan, Donald Fagen, Frank Sinatra, Seal, David Sanborn, Dave Koz, Al Jarreau, Otis Redding, Kenny G, James Taylor, Bob Marley, UB40, Spyro Gyra, and the Beatles.

A little about Jeff Lopez: A master of the wind instruments (including tenor sax, alto sax, soprano sax, baritone sax, flute, and electronic sax) Jeff has been playing professionally since the age of 13. He has toured the US and the world with the legendary Temptations Review and Taylor Hicks.

A little about Ken Talley: A self-taught musician who started performing professionally in 1968 at the age of 13. Ken is a native of Birmingham, but has traveled the world over. As co-founder of the jazz band Goodfellas, he has performed throughout the southeastern music scene.

Hoover Parks and Recreation Department
www.hooveralabama.gov • 205.739.6700 • fax: 205.739.6705

MENU

Greek grilled chicken

Rosemary parmesan
potatoes

Balsamic roasted zucchini
and squash

Garden salad

Rolls

Banana pudding

Tea/Coffee

Caterer:

Fan Fare Eats & Events

Reservation Deadline:

Friday

June 22, 2018

1:00 PM

Cost: \$10.00

ALL PAYMENTS
received (including
mailed checks)
after this date/time
will be returned.

Limit to 130 guests

(or until capacity is reached)

Make check payable to:
Hoover New Horizons

Mail to:

400 Municipal Drive
Hoover, AL 35216
or hand deliver
to facility

THIS MONTH

...at the Senior Center

Movie Matinee

at the Hoover Senior Center

Friday, June 1 at
12:00PM



Sign up at the welcome desk or
by calling 205-739-6700.

Sponsored by Amedisys Hospice &
AMC Patton Creek Theater

The movie is listed at the Senior Center.

World Tour through photography!

Travel and photography are the
passion of Phillip Malone, OLLI
presenter. He will take us to
various parts of the world through
his photographs.

Dates:

June 6th: Burma

June 13th: Cambodia & Laos

June 20th: Machu & Peru

June 27th: The Galapagos & Ecuador

From 10:30AM-12:00PM



Birthday Bash

1st Thursday of the month
at 12:15PM

Sponsored by Affinity Hospice



TECH 101



Interested in learning
more about Snapchat,
Facebook, Instagram,
Google Maps, and the ins
and outs of email? If so,
let us know at the
Welcome Desk!

AARP Defensive Driving Workshop



Friday, June 29
8:30AM-2:30PM

Cost: \$15 for AARP members &
\$25 for non-members

Sign up at the welcome desk or
by calling 205-739-6700

**Space is limited.*



JUNE ACTIVITIES CALENDAR



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Lunch Served at 11:30AM (11:45AM on Wed.) Limited meals! Sign up begins at 8:00AM. First come, first serve. Donations accepted Pick up menu at Hoover Senior Center				<i>1</i> Art Class-8:15 Advanced Exercise-8:45 Beginning Exercise-9:45 The Friday Game-10:00 Beginning Exercise-10:30 Open Bridge-11:30 <i>Movie Matinee: 12:00</i>
<i>4</i> Advanced Exercise-8:45 Bridge-9:30 Beginning Exercise-9:45 Knit Wits-10:00 Beginning Exercise-10:30 Canasta-12:00 Chair Yoga –12:15 Zumba Gold-1:30	<i>5</i> Continuing Yoga-8:30 Classic Yoga-10:00 Chess Group-10:00 Poker-10:00 Chess Class-12:00 Ballroom Dancing-1:30 Wood Carving-1:30 Intermediate Exercise-3:00	<i>6</i> Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Adv. Line Dancing-10:15 Beginning Exercise-10:15 <i>OLLI Speaker-10:30</i> Beginning Exercise-11:00 Canasta-12:00 Sewing Group-12:30 Tech Sessions-12:00 Zumba Gold-1:30 Tai Chi-2:50	<i>7</i> Continuing Yoga-8:30 Pokeno-10:00 Poker-10:00 Writing Group-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 Chair Yoga-12:15 <i>Birthday Bash-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-1:30 Intermediate Exercise-3:00	<i>8</i> Art Class-8:15 Advanced Exercise-8:45 Beginning Exercise-9:45 Pokeno-10:00 Beginning Exercise-10:30 Open Bridge-11:30 <i>Snack Attack-9:30</i>
<i>11</i> Advanced Exercise-8:45 Bridge-9:30 Beginning Exercise-9:45 Knit Wits-10:00 Beginning Exercise-10:30 Canasta-12:00 Chair Yoga-12:15 BP Checks-12:15 Zumba Gold-1:30	<i>12</i> Continuing Yoga-8:30 Classic Yoga-10:00 Chess Group-10:00 Board Mtg-10:00 Poker-10:00 Trip & Tour Mtg-11:15 Chess Class-12:00 Ballroom Dancing-1:30 Wood Carving-1:30 Intermediate Exercise-3:00	<i>13</i> Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Book Club-9:30 Adv. Line Dancing-10:15 Beginning Exercise-10:15 <i>OLLI Speaker-10:30</i> Beginning Exercise-11:00 Canasta-12:00 Tech Sessions-12:00 Zumba Gold-1:30 Tai Chi-2:50	<i>14</i> Continuing Yoga-8:30 Poker-10:00 Mexican Train-10:00 TBS Exercise-10:30 Lunch Bunch-11:00 Canasta (Ponytail)-12:00 Chair Yoga-12:15 <i>Bingo-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-1:30 Intermediate Exercise-3:00	<i>15</i> Art Class-8:15 Advanced Exercise-8:45 Beginning Exercise-9:45 The Friday Game-10:00 Beginning Exercise-10:30 Open Bridge-11:30
<i>18</i> Advanced Exercise-8:45 Bridge-9:30 Beginning Exercise-9:45 Knit Wits-10:00 Beginning Exercise-10:30 Canasta-12:00 Chair Yoga-12:15 Zumba Gold-1:30 Event set-up-2:45	<i>19</i> NO Yoga Chess Group-10:00 Poker-10:00 Chess Class-12:00 NO Ballroom Dancing Wood Carving-1:30 NO Intermediate Exercise <i>Event-1:00</i>	<i>20</i> Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Pokeno-10:00 Adv. Line Dancing-10:15 Beginning Exercise-10:15 <i>OLLI Speaker-10:30</i> Beginning Exercise-11:00 Canasta-12:00 Tech Sessions-12:00 Sewing Group-12:30 Zumba Gold-1:30 Tai Chi-2:50	<i>21</i> Continuing Yoga-8:30 Poker-10:00 Writing Group-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 Chair Yoga-12:15 Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-1:30 Intermediate Exercise-3:00	<i>22</i> Art Class-8:15 Advanced Exercise-8:45 Beginning Exercise-9:45 Pokeno-10:00 Beginning Exercise-10:30 Open Bridge-11:30 <i>Deadline for HNH</i> <i>Dinner-1:00</i>
<i>25</i> Advanced Exercise-8:45 Bridge-9:30 Beginning Exercise-9:45 Knit Wits-10:00 Beginning Exercise-10:30 Canasta-12:00 Chair Yoga-12:15 BP Checks-12:15 Zumba Gold-1:30	<i>26</i> Continuing Yoga-8:30 Classic Yoga-10:00 Chess Group-10:00 Poker-10:00 Chess Class-12:00 Ballroom Dancing-1:30 Wood Carving-1:30 NO Intermediate Exercise Dinner set-up-3:30 <i>HNH Dinner-6:00</i>	<i>27</i> Pilates-8:15 Beg. Line Dancing-9:15 Impr. Line Dancing-9:15 Adv. Line Dancing-10:15 Beginning Exercise-10:15 <i>OLLI Speaker-10:30</i> Beginning Exercise-11:00 Canasta-12:00 Tech Sessions-12:00 <i>Mending w/ Peggy-12:30</i> Zumba Gold-1:30 Tai Chi-2:50	<i>28</i> Continuing Yoga-8:30 Poker-10:00 Mexican Train-10:00 TBS Exercise-10:30 Canasta (Ponytail)-12:00 Chair Yoga-12:15 <i>Bingo-12:15</i> Watercolor-1:00 Crochet-1:30 Impr. Line Dancing-1:30 Intermediate Exercise-3:00	<i>29</i> Art Class-8:15 Advanced Exercise-8:45 Beginning Exercise-9:45 Beginning Exercise-10:30 Open Bridge-11:30 <i>AARP Workshop-8:30</i>

ACTIVITIES & CLASSES

Available daily:

Adult coloring, Billiards, Table Tennis, Rummikub, and Wii bowling

Ballroom Dancing Group

Ballroom Dancing group meets in the Auditorium on Tuesdays from 1:30PM to 2:30PM. During this meeting seniors learn/practice a variety of dances such as the foxtrot and quickstep.

Bingo

Bingo is held on the 2nd and 4th Thursday from 12:15PM to 1:00PM in the Gentle Room UNLESS otherwise specified in the Activities Calendar at the Senior Center. Bingo is a chance game where individuals using numbered cards, mark numbers when they are called in hopes of winning. Prizes are provided by community sponsors.

Birthday Bash

This activity is held the first Thursday of each month at 12:15PM in the Gentle Room. Members are invited to come celebrate their birthdays with their peers. A community sponsor provides birthday treats and hosts bingo or a similar activity for the participants.

Book Club

The Hoover Library's Pam Bainter hosts a monthly book club here at the Senior Center. This group meets the 2nd Wednesday of the month from 9:30AM to 11:00AM in the Lounge. Each month they choose a book highlighting different genres, cultures and other special interests. This month's book is going to be *Love and Other Consolation Prizes* by Jamie Ford.

Bridge

This group meets Mondays from 9:30AM to 2:30PM in the Creative Arts Room. Bridge is a strategizing game using a deck of 52 cards. Each group consists of 4 players in competing partnerships. Call Fay Milton at 822-5962 to be added to the substitution list.

Bridge-Open Group

Experienced, Intermediate and Beginners are all welcome. This group meets every Friday from 11:30AM until 3:00PM in the Creative Arts Room. Bridge is a strategizing game using a deck of 52 cards. Each group consists of 4 players in competing partnerships.

Canasta (Ponytail)

Ponytail Canasta is a variation of the card game Canasta, which is a game played with multiple decks of cards. This game is played on Thursdays from 12:00PM until 3:30PM in the Sunroom.

Canasta (Samba)

The samba version of Canasta is played with three decks of cards and a tray. The game is best played with 3 or 4 players. This is an uncomplicated card game so come join in every Monday and Wednesday from 12:00PM to 3:00PM in the Lounge.

Chess Group/Class

Chess is universally proven as an excellent way to develop cognitive abilities. During each class participants are taught new moves and strategies by instructor Balagee Govindan. Play begins at 10:00AM on Tuesdays and the class is held from 12:00PM to 1:00PM in the Creative Arts Room.

Crocheting

This class is Thursdays from 1:30PM to 3:30PM in the Gentle Room. Join Helen Tankersly as she guides you through the art of crocheting. Please provide your own materials for this class. Students will need to bring a crochet hook size (G, H, J) and some light colored yarn.

Drawing and Creative Arts with Lana

Art is for everyone! Join instructor Lana as she helps you create a variety of drawings for yourself and your loved ones using multiple techniques. There is a 15 minute art history lesson followed by instruction. This class is held on Fridays from 8:15AM to 10:30AM in the Creative Arts Room.

Exercise (Advanced)

This class is led by Kathy Kaimanesh and is offered on Mondays and Fridays from 8:45AM to 9:30AM in the Auditorium. This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. Participants are required to bring a mat and are encouraged to wear tennis/non-slick shoes.

(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)

***If you are a new participant you must meet with the instructor prior to the class beginning to go through an orientation.**

Exercise (Beginning)

This class, led by Sally Doak, features stretching exercises, low impact aerobics and chair exercises while using exercise bands or weights. Participants are encouraged to wear tennis/non-slick shoes. This class is split into two identical sessions to accommodate high demand. Members may only participate in one session per day. Participants are encouraged to wear tennis/non-slick shoes. This class is held on Mondays, Wednesdays and Fridays. Class times are listed on the monthly calendar.

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Exercise (Intermediate)

This class is led by Beth Fort and is offered Tuesdays and Thursdays from 3:00PM-3:45PM in the Auditorium. This class is a combination of cardio and strength training utilizing exercise bands and weights. Participants are encouraged to wear tennis/non-slick shoes.

(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)

Friday Game

Come play this fun take on the classic card game Gin Rummy! The Friday Game is played the 1st and 3rd Friday of the month from 10 AM to 12 PM in the Lounge.

Knit Wits

Knitting classes are held on Mondays from 10:00AM to 12:00PM in the Sunroom. Members can hone their skills and learn new ones. Francine Pearson is the instructor.

Line Dancing (Advanced)

For all those avid line dancers out there, this might just be for you. Join this small group of dancers as they perfect familiar dances and try out new advanced moves! This group, led by Barbara Traywick and Beverly Strong, meets Wednesdays from 10:15AM to 11:15AM in the Creative Arts Room. A \$4.00 donation is requested.

Line Dancing (Beginning)

If you have never danced before, please take advantage of the chance to learn basic steps on Wednesdays from 9:15AM to 10:00AM in the Auditorium. This class will be taught by Margie Maughan. A \$4.00 donation is requested.

ACTIVITIES & CLASSES

Line Dancing (Improver)

This class is led by Barbara Traywick (Wednesdays) and Margie Maughan (Thursdays). In addition to learning the dances, everyone is getting a great workout. Join in the fun on Wednesdays from 9:15AM to 10:00AM and Thursdays from 1:30PM until 2:30PM in the Auditorium. A \$4.00 donation is requested.

Lunch Bunch

Lunch Bunch is a fun way to socialize with others by dining out once a month at various restaurants in the area. This month they will be dining on **Thursday, June 14th at Mr. Wang's Restaurant**. Please arrive at the Center at 10:45AM. We will depart at 11:00AM. The cost is \$2.00 upon departure from the Senior Center. Sign up at the Welcome Desk of the Hoover Senior Center **beginning Tuesday, May 22nd**. For any other information, call Merry Gordon Jones at 428-1331.

Mending w/Peggy

Volunteer Peggy Carroll will be available to do light mending on a first come, first serve basis. This service is offered the 4th Wednesday of the month from 12:30PM to 3:30PM in the Creative Arts Room, unless otherwise specified.

Mexican Train

Mexican Train is a version of dominoes and can be played with multiple players. This game is played on the 2nd and 4th Thursdays from 10:00AM-12:00PM in the Creative Arts room.

Pilates

This class is led by Kathy Kaimanesh and is offered Wednesdays from 8:15AM to 9:00AM in the Auditorium. Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. **An exercise mat and a Pilates ring are required. (OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)**

Pokeno

Move over Bridge--a new home party game has taken center stage. A combination of cards and Bingo, Pokeno is perfect for young and old. Pokeno, led by volunteer Betty Wallace, is played the 1st Thursday and 3rd Wednesday of the month from 10:00 AM to 12:30 PM in the Hayes Room as well as the 2nd and 4th Friday of the month in the Lounge.

Poker

Poker is a family of card games that combine gambling, strategy, and skill. This game is played on Tuesdays and Thursdays from 10:00AM to 3:00PM in the Lounge.

Sew-N-Sews

This group will meet the 1st and 3rd Wednesday of each month from 12:30PM-3:00PM in the Creative Arts, with an emphasis on quilting. Bring your supplies and let's create together! The Sew-N-Sews are being led by Marilyn Milstead.

Songbirds

This choral group made up of Hoover Senior Center members is led by Fred Ernst. They perform familiar songs at many surrounding nursing homes and assisted living facilities.

Tai Chi

Tai Chi is a mind body exercise that is easy on the joints and produces a plethora of health benefits. This class is led by instructor Kathy Hagood on Wednesdays from 2:50PM to 3:50PM in the Auditorium.

Technology Sessions

Volunteers Ed Auslander and Helen Tankersley are available by appointment to answer your tech questions regarding computers or other tech devices (smart phone/iPad/tablets) on Wednesdays from 12:00PM until 2:00PM in the computer lab. Please make sure your device is charged and bring any necessary passwords. Call 739-6700 to make an appointment.

Toning Balance and Strength (T.B.S) Exercise

This intermediate class for various levels of ability will be led by Kathy Kaimanesh Thursdays from 10:30AM to 11:15AM in the Auditorium. **(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)**

Watercolor Group

This club meets on Thursdays from 1:00PM to 3:00PM in the Creative Arts Room as a group only. (No instruction is included)

Woodcarving

Join Richard Strahan as he shares different methods and techniques to wood carving. This class will be held on Tuesdays from 1:30 to 3:30 in the Creative Arts Room. **Required materials for this activity are a carving knife, protective glove and wood.** For information on places to find supplies you may contact Richard at 383-5366 or the welcome desk at 739-6700.

Writing Our Stories

Join facilitator, Dot Coltrane, as she guides you through writing down your stories for your children and grandchildren. This group will meet the 1st and 3rd Thursdays during the months of June and July from 10:00AM-11:30PM in the Creative Arts Room.

Yoga (Chair)

This class led by Carol Byrd, is held on Mondays and Thursdays (June 7-July 12) from 12:15PM to 1:15PM in the Auditorium. Chair Yoga has many benefits such as increasing flexibility, strength and energy as well as improving memory and coordination. **A yoga mat is required. *New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.**

Yoga (Classic)

This class is held on Tuesdays from 10:00AM to 11:15AM in the Auditorium (except the 4th Tuesdays.) Join instructor Carol Byrd as she introduces you to Sivananda yoga which focuses on breathing, stretching and coordination exercises. **A yoga mat is required. *New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.**

Yoga (Continuing)

This form of Yoga is a continuation of Classic Yoga. Continuing Yoga focuses on more intense breathing, stretching and coordination exercises. The class is held on Tuesdays (except the 4th Tuesday) and Thursdays from 8:30AM to 9:45AM in the Auditorium unless otherwise specified in calendar. **You will be barefoot during this class, and a yoga mat is required. *New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.**

Zumba Gold

This class is taught by instructor Tamryn Etten-bohm and meets Mondays (except the 4th Monday) and Wednesdays from 1:30PM-2:30PM. Wednesday's class will consist of 30 minutes of video followed by 30 minutes of instructor workout. Zumba Gold is a less intense version of original Zumba.

TRIPS & TOURS/ANNOUNCEMENTS

Trips and Tours Reservation Policy

For details on trips and cancellations, please refer to flyers in the Information Rack at the Senior Center. To make a reservation, fill out a Reservations Envelope (available on the table below the Information Rack). Enclose your check, payable to Hoover New Horizons, (or cash), in the envelope and place the envelope in the Trips and Tours Reservation Box. Reservations are not transferrable without approval of the trip host. Vacant spots created by cancellations will be filled from those on the waiting list. Refunds will not be made for cancellation of reservations for trips that cost \$10 or less.

\$58

INCLUDES LUNCH & TOUR



WEDNESDAY, JUNE 13

EXPLORE DAILY LIFE IN ANCIENT TIMES BIBLICAL HISTORY CENTER IN LAGRANGE, GEORGIA

Walk through 2000 years of history. See replicas of a Canaanite temple, an Israeli Shrine, a Jewish Synagogue and a Byzantine church. In the Archaeological Replica Garden, experience everyday life in Biblical times--explore the life of a shepherd, a farmer, a village and a Roman Theatre. See a grape press, an olive press, a threshing floor, an Israeli home, a vineyard, a watchtower and more. Enjoy an authentic four-course meal of 15 different foods similar to the diets of the Israelite people, and discover why Leonardo da Vinci's classic painting had the Last Supper all wrong! Depart at 8:15 am from Hoover Safety Center on Valleydale, returning before 6 pm. Reserve by June 7. Host: Suzanne Challiss - 822-5210.



JULY 20

2 in 1 - Two tours on one trip

Watch commercial pit BBQ while it is cooking and lunch on your own at Top Hat. Then on to Rickwood Caverns with the option to take a guided tour through the mile-long caverns for an additional fee on your own. Entrance fee into the park is included. Depart at 9 am from Hoover Safety Center on Valleydale and return around 4:30. Host: Leonard Loudermilk 540-292-9575

**RICKWOOD
CAVERNS
STATE
PARK**

COST: \$19

Reserve by July 13

\$48 Awesome Seats!
Center Section Rows 1 & 2
All of ABBA's greatest hits!
RESERVE BY JUNE 15
Host: Suzanne Challiss - 822-5210



WEDNESDAY, JULY 18

2:00 Matinee Show
Dorothy Jemison Day Theatre
Dutch Treat Lunch before show
at Zoe's Kitchen Downtown

Depart Hoover Safety Center at 11:00, returning around 5pm

Did you know...

**Our Hoover New Horizons newsletter is available to view
and download on our website!**

You can find it at: www.hooveralabama.gov/451/Seniors



Keep your eyes & ears open...

**Special announcement coming soon at
the Hoover Senior Center!**

MISSION STATEMENT

The Hoover Senior Center exists as a partnership to serve and empower senior adults by providing a variety of opportunities that promote quality of life through social engagement, physical well-being, community involvement, creativity, and life-long learning.

VISION STATEMENT

The Hoover Senior Center will be recognized as a model for excellence in providing opportunities, programs, and services for older adults. Through a dedicated team, we commit to enriching the lives of seniors as we serve and empower them in a positive and safe environment.

OUR CORE VALUES

RESPECT
INTEGRITY
SAFETY
SERVICE
SYNERGY
EMPATHY
EXCELLENCE

HOOVER EXPRESS

PURPOSE: TO PROVIDE TRANSPORTATION TO DOCTOR APPOINTMENTS, SHOPPING AND ERRANDS FOR THE CITIZENS OF HOOVER 55 YEARS OF AGE AND OVER THAT ARE UNABLE TO PROVIDE TRANSPORTATION OF THEIR OWN.

Please note: seniors that live in a community that provides transportation are ineligible for this service. You must be a member of the Hoover New Horizons to use this service. Hoover New Horizons Membership Fee: \$10.00 annually (must be a Hoover Resident)

TUESDAYS AND THURSDAYS:

Doctors' offices and hospitals

MONDAYS AND WEDNESDAYS:

Errands in Hoover only. (Examples: beauty shops, Galleria, grocery stores, etc.)

EXPRESS RIDERS:

If you would like a ride, please call our Express Line at 739-7351 to make an appointment.

Please leave the day and time of the appointment along with your name, address

and phone number on the voicemail. Please specify in your voicemail message if you have any equipment you will be bringing, such as a walker. If you are calling for a doctor's appointment please leave the number of the doctor's office as well.

THE HOOVER EXPRESS DOES NOT OPERATE ON HOLIDAYS.

Call Fridays from 8:00AM-10:00AM for Monday appointments. Call Mondays from 8:00AM-10:00AM

for Tuesday through Thursday appointments. Space is limited, so call as early as possible.

**TO INQUIRE ABOUT THIS SERVICE
PLEASE CALL KIMBERLY AT 739-6700!**

2018 HOOVER NEW HORIZONS ADVISORY BOARD



Seated (L-R):

Ginger Prisoc-Schweitzer, Harriett McQueen,
Suzanne Challiss

Standing (L-R):

Alice Loudermilk, Paul Brown, Donna Wiltsey,
Gene Powell, Odessa Usher, Ray Dugas, Venda Hooks, &
Tillie Powers

Not pictured: Mae Lynn Hardy

Hoover Senior Center
400 Municipal Drive
Hoover, AL 35216

PRESORT STD.
U.S. POSTAGE
PAID
BIRMINGHAM, AL
PERMIT #2424

